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Diana's email to the team!

Dear TEAM,

A quick update.

Understatement to say that, as of a couple of days ago, I entered into something akin to state of shock, to be here in Key West in mid-September and to receive once again a weather report of an approaching week or so of 15 knot winds out of the East.

But I suppose this stage of the quest is directly analogous to the managing of the Swim itself. Those 60 or so hours are not going to go down smoothly.

There will be pain. Doubts will rise to the surface. Wrangling a disheartened spirit will be part of it. I am trained and capable to survive those down times

and make it to the other shore. And it is now, during these intensely difficult times of waiting, second-guessing previous decisions, waiting more, watching

the days of the calendar flip by one after another, that I must summon the conviction that has driven me all these 14 months. When I arrived here on Aug 18, I noticed the blackboard announcements in the lobby marked the sunset at 8:03pm. Well, today it was marked 7:43pm. We have lost 20 minutes of daylight in fairly quick fashion. Yet I have to behave like a professional and a professional in this particular sport doesn't cave when the forecast continues to dictate adverse conditions. The ocean is still very warm and that will not change soon. September has historically produced days of very calm waters and I believe those waters will present themselves some day fairly soon.

Bonnie left camp yesterday and that was a tough moment. She has been here for weeks, sacrificing duties both professional and personal at home, keeping me focused, keeping our team strong and upbeat. We shed tears as she boarded the plane. But it was the right decision. And she'll be back very soon.

Tim has also now gone for a few days. As has our boat captain and designer John Bartlett. David Marchant and Maya could have gone back to St Maarten.

After all, they've been here a month now. Their children experienced the wrath of Hurricane Earl without their parents. But if they had gone, I wouldn't have been able to train with the boat out in the sea. So they stayed.

I have had moments, hours, even days of high anxiety. But each time, because the desire, the Dream, lives so large within me, I come back and I am thoroughly, unrelentingly "in it". I go to sleep feeling my body taking powerful strokes through the sea. I wake up from dreams, wide awake with visions of the Florida coast just across a couple of miles of ocean in front of me.

Not one of you has dropped out. Every one of you wrote me after the last email, when I shared the discomfort I was feeling due to these delays. You encouraged me. You lifted me through that low.

With the latest negative forecast, two days ago, I again went into a funk. But I'm back. Back believing. Thanks for sticking with me. We will experience this journey together.

We've actually learned a number of enormously helpful things with having to wait. For instance, Stuart Knaggs, David Marchant and John Bartlett have gone through a number of versions of a long white streamer that strings out under the water, about 18 feet from my boat that I can now see like a lane line below me. Now I don't waver from a parallel line to the boat and they have probably saved me some 8 hours from the overall time. We have also now analyzed some new data of large, clockwise eddies, many miles across, that are hovering just above the Cuban coast. This has been crucial new information.

Just checking in.....I hope all of you are thriving, that your summers were wonderful, that I will see all of you very, very soon!!!!

Diana Nyad

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all my love,
diana

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19 Sep 2010 – 30 Oct 2010

Extreme Dream. For Diana Nyad's representation please contact Pam Derderian

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